



George McGovern's Legacy: The Dietary Goals for the United States

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Page 2

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Page 5

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Page 6

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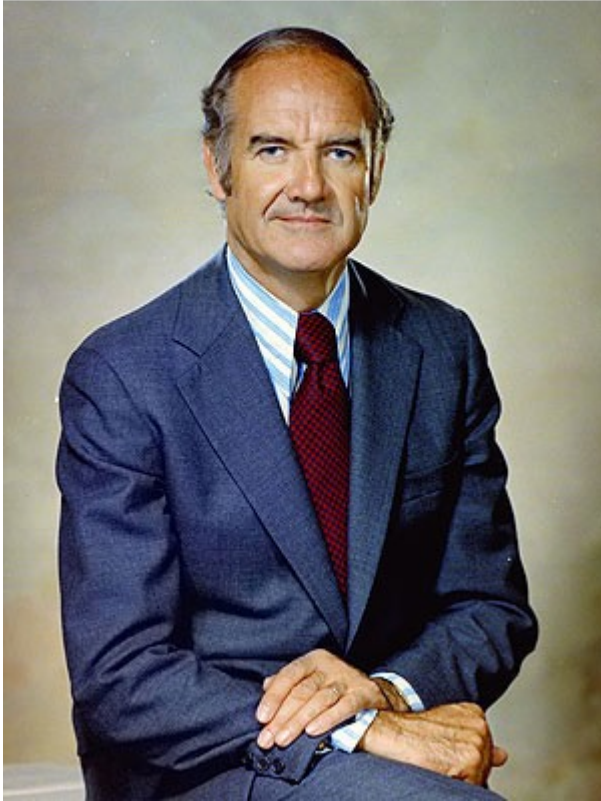
Page 7

Featured Recipes

- Kale Avocado Salad
- Red Lentil Dahl
- Roasted Garlic and Shallot
- Garlic and Shallot Buttah
- Almond Chile Sauce with Pasta
- Basic White Sauce
- Basic Red Sauce

Page 11

Senator George McGovern (1922 to 2012)



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At the time the McGovern Report was published, animal fat intake from red meat, poultry, and dairy foods was at an all time high and so was the death rate from heart disease and strokes. The McGovern Report found that, "...there is a great deal of evidence and it continues to accumulate, which strongly implicates and, in some instances, proves that the major causes of death and disability in the United States are related to the diet we eat. I [Dr. Hegsted of Harvard School of Public Health] include coronary artery disease, which accounts for nearly half the deaths in the United States, several of the most important forms of cancer, hypertension, diabetes and obesity as well as other chronic diseases."

According to the McGovern Report, "The question to be asked, therefore, is not why should we change our diet, but why not? What are the risks associated with eating less meat, less fat, less saturated fat, less cholesterol, less sugar, less salt, and more fruits, vegetables, unsaturated fat, and cereal products—especially whole grain cereals? There are none that can be identified and important benefits can be expected." The dietary goals set forth a plan that would increase the [intake of starches](#) (whole grains, legumes, and root vegetables), green and yellow non-starchy vegetables, and fruits. Saturated fats (meat, milk, butter, and cheese), salt, and simple sugars would be reduced in the American diet.

McDougall's Connection with the McGovern Report

When the bipartisan Senate Select Committee on Human and Nutrition Needs published the McGovern Report in 1977, I (John McDougall, MD) was 30 years old and studying to become an internist at the University of Hawaii. Based on my observations as a sugar plantation doctor on the Big Island of Hawaii between 1973 and 1976, I had already discovered the importance of diet. My first-generation patients (the Filipinos, Japanese, Chinese, and Koreans) were trim and healthy as a result of following a diet based on rice and vegetables with no dairy products and very small amounts of meat. My conclusions were reinforced when I witnessed my second-, third-, and fourth-generation patients abandon their parents' traditional, healthy, starch-based diets for meat, dairy and other junk, which led them to become fat and sick.

In 1976, I left the sugar plantation and returned to the University of Hawaii for more education. One great fortune was my discovery of the Hawaii State Medical Library, filled with thousands of scientific reports confirming my observations from the sugar plantation. The publication of the McGovern Report in 1977 was "icing on the cake." The truth was out, and I believed the US and the world were on an unstoppable course to better health. Obviously, I was wrong.

Industries Went Ballistic with the McGovern Report

Various food industries presented their side of the argument at a second senate hearing in 1977. This meeting resulted in a watered down version of the Dietary Goals, with less emphasis on reducing meat and dairy products. The American Medical Association also protested the McGovern Report, because it said that providing this basic knowledge on what we should eat might interfere with the medical doctor's right to prescribe, even though doctors then, and now, know nothing about human nutrition. The effects of the McGovern Report were widespread, and as a result, the consumption of meat, eggs, and milk fell, temporarily.

Industries fought back successfully with every means at their disposal, including hiring lobbyists, purchasing medical and nutrition experts, launching huge advertising campaigns, driving the nutrition education of our children with their bias, and funding nutrition research that favored their products. Their success can be measured by the [US food availability data](#), which documents an increase in mean daily total energy intake from 2,057 kcal in 1970, to 2,405 kcal in 1990, and 2,674 kcal in 2008. We eat more oil, meat, and dairy now than when the McGovern Report was published in 1977. The incidence of obesity and type-2 diabetes has both doubled in that same period of time. These figures are undeniable evidence that industry won and Americans lost.

The McGovern Report also stressed the urgency to act: "Ischemic heart disease, cancer, diabetes and hypertension are the diseases that kill us. They are epidemic in our population. We cannot afford to temporize. We have an obligation to inform the public of the current state of knowledge and to assist the public in making the correct food choices. To do less is to avoid our responsibility."

Americans Have the Right to Know the Truth about Diet

Because the dietary goals of the McGovern Report of 1977 and those of industry were so different, the USDA did not adopt the recommendations. However, in 1980 the USDA partnered with the Health and Human Services department to issue the first edition of the Dietary Guidelines for Americans, which eventually became the USDA Food Pyramid and is now represented as [My Plate](#). These guidelines are published every five years and serve as the cornerstone of federal nutrition policy and nutrition education activities. Unfortunately, the Dietary Guidelines for Americans are written with the health of the [agribusinesses in mind](#) and emphasize the importance of consuming meat, fish, and dairy products.

One of government's most important jobs is to protect the community against foreign and domestic threats. The food industry is a domestic threat. Government intervention is needed to stop the abuse of American citizens. Or as stated in the McGovern Report, "It is the responsibility of government at all levels to take the initiative in creating for Americans an appropriate nutritional atmosphere—one conducive to improvement in the health and quality of life of the American people."

Regulation Can Help Solve Our Current Health Crises

Policies of industry deregulation, most implemented over the past two decades, have led to collapse, beginning in 2007, of the financial and housing industries. Our current government is now trying to help US citizens damaged by greedy businesses (subprime mortgage lending institutions and Wall Street). Lack of government controls (deregulations) of the food, pharmaceutical, and medical businesses has been the major contributor to the health crises Americans are now facing. The US government has an obligation to help right these major wrongs, too, beginning with the programs already under their jurisdiction.

The US government has financial and legal control over the kinds of food that are fed to our children, to our military, and to the poor. Thirty percent of children and 50 percent of our military personnel are overweight. Underneath all that excess fat is a lot of sickness. If Senator George McGovern had prevailed, this catastrophic state of bad health would have never occurred. Unfortunately, the food industry is still winning and the predictions are that [44 percent of Americans](#) will be obese (not just overweight) by the year 2030.

The future, however, is ours to change. With government action similar to that proposed by Senator George McGovern 35 years ago, almost overnight, students and soldiers can be made as fit as [long distance runners](#) are today, and as strong as the [mighty](#)

[gladiators](#) who fought in Roman coliseums were two millennia ago. Both of these winning classes of athletes have always been powered by starch-based, near vegan diets, not by red meat, poultry, fish, dairy, eggs, sugar, and oil—the current diet of children and soldiers.

The “least privileged” in any society suffer most. [Obesity is more prevalent](#) among African Americans (44 percent) than among Mexican Americans (39 percent) and Non-Hispanic Whites (33 percent). Subsidy food programs for the poor include food stamps and coupons from the WIC (Women, Infants and Children) programs; these benefits are not redeemable for alcohol or tobacco. Products with animal-derived ingredients, vegetable oils, and simple sugars must also be outlawed from these programs. The 1977 McGovern Report made it clear that “without Government and industry commitment to good nutrition, the American people will continue to eat themselves to poor health.” And they have. The future health for individuals, and the economic and military success of America, depends on fixing the malnutrition that is devastating our great society.

Stop Treating Dietary Diseases with Drugs and Surgery

The 1977 McGovern Report made it clear that modern medicine cannot save us: “As a Nation we have come to believe that medicine and medical technology can solve our major health problems. The role of such important factors as diet in cancer and heart disease has long been obscured by the emphasis on the conquest of these diseases through the miracles of modern medicine. Treatment not prevention has been the order of the day. The problems can never be solved merely by more and more medical care.” Current medical therapy means: fat, sick people carry around a bag full of drugs and have their bodies marked by surgical scars. The results from treating chronic diseases are never good health.

Over the past 40 years science has confirmed the fact that dietary diseases cannot be prevented or cured with medical interventions (tests, pills and surgery):

- 1) Aggressive drug therapy increases weight gain, death, heart disease, and hypoglycemia for people with type-2 diabetes.
- 2) Treatment of elevated cholesterol with statins does not save lives (except for the very sick).
- 3) Multiple Sclerosis medications costing \$40,000 per year do not slow disability.
- 4) Lowering blood pressure with medications does not save lives (except for the very sick).
- 5) Heart surgery (bypass and angioplasty) does not save lives in typical patients: those treated for chronic disease (atherosclerosis).
- 6) Treatments for common dietary cancers, like breast, prostate, ovary, and colon, fail to save lives.
- 7) Efforts for early detection (PSA, mammograms, colonoscopies, etc.) of dietary diseases bring millions of people into the

Expert Panels with Power Are Needed

The business of treating dietary diseases with drugs and surgery can be curtailed by forming expert panels to protect the average American, who has no time or expertise to study and analyze the effects of medical prescriptions. These panels must be given respect and the power to stop dangerous tests and treatments. For example, based on expert panel recommendations, Medicare and Medicaid could stop today reimbursement to doctors, laboratories, and hospitals for PSA tests or heart surgeries for chronic

nary artery disease (heart disease).

Unfortunately, these days our expert panels are ignored. Medical practice has not changed since the US Preventive Services Task Force (USPSTF) and the American Cancer Society told doctors to stop recommending PSA testing (prostate cancer screening); these intrusive blood tests will continue without an authority like the US government stepping in. The Cochrane Collaboration recommended in 2012 the end to routine mammograms, but no one is listening. When the American College of Cardiology and the American Heart Association [told cardiologists to stop](#) operating on stable coronary artery disease in 2007 they responded with no reduction in the one million angioplasties performed each year in the US.

The “Free Market” Will Not Regulate Itself

The goal of business is profit, often regardless of the consequences to others. It is nearly impossible for people to act in ways contrary to their means of making money. Fortunately, there are business settings where good nutrition for people and avoiding harmful tests and treatments do result in profit. For example, self-insured businesses (like Whole Foods Market) save money by supporting their healthy, treatment-free, employees. (Whole Foods Market has made major investments in educating their employees through the McDougall Program and other health-promoting programs.) For-profit Kaiser Permanente is another example. This medical insurance plan makes money by collecting premiums and cutting expenses. Obviously, they win when their clients are properly nourished and disease-free. However, most medical insurance companies operate under a different business model.

Twenty-five years ago I went to medical insurance companies like Blue Cross/Blue Shield of California and Aetna to ask for coverage of my dietary approach to heart disease rather than bypass surgery. It made sense to me to spend \$5,000 on education instead of spending \$90,000 on surgery—especially when my approach had better results. One insurance company representative explained to me that they would rather pay for the surgery because this way they did not have to depend upon the patient's cooperation; simply by operating, the pain (angina) was relieved, sometimes. I countered that many people would rather eat beans than have their chest cracked open. The next insurance company representative gave me a more believable reason for staying with their current lucrative practices. He explained, “John, you don't get it. We (the insurance company) take a piece of the pie. The bigger the pie, the bigger our share.” Profits come from the sicknesses and the treatments that always follow a bad diet.

America's Health Crisis Must Be Solved Quickly

The McGovern Report began with, “We must acknowledge and recognize that the public is confused about what to eat to maximize health.... The public wants some guidance, wants to know the truth, and hopefully today (a date in January, 1977) we can lay the cornerstone for the building of better health for all Americans, through better nutrition.”

For America to become healthy, the US government has an obligation to unambiguously inform physicians and patients that meat, dairy, vegetable oils, and simple sugars are making people fat and sick. A scientific truth must be told: A diet of starches, vegetables, and fruits will [cause loss of excess body weight without hunger](#) and [cure common diseases](#), including heart disease, type-2 diabetes, and arthritis. Although 35 years has gone by, it is still not too late. The time has come to implement Senator George McGovern's Dietary Goals for the United States with a vengeance for the billions of people sickened and killed by the food and medical industries.

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the ill-health of remote populations free from western influence who were sickened by such diets. I provide evidence from over one million individuals demonstrating that consumption of whole grains that the low-carbers typically refer to as "poison" actually significantly reduces the risk of developing chronic and degenerative diseases and improves the chances of overall longevity. I also cover the scientific literature regarding the controversy surrounding blood cholesterol, including the effects that modifying LDL, HDL and triglycerides have on health and longevity. Furthermore, I show how a plant based diet promoted healthy longevity a century ago, just as it does today.

Please consider my findings and conclusions in my second critique. If you judge my writings worthy, please share them with others. Please [e-mail me](#) with any questions you may have.

[Read More](#)

I have also posted a two part series of posts regarding blood cholesterol, diet and risk of stroke that tie into this second critique if you are interested in taking a look.

[Part I](#)

[Part II](#)



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Over 250 people attended this biannual McDougall event in Santa Rosa, California, and more than 400 watched it "almost live" over the Internet. You can see highlights of the event or watch the entire weekend.

[View Pictures](#) (free)

[View Video Highlights](#) (free)

[View Entire Weekend](#)

Scheduled Guest Speakers for the March 1 to 3, 2013 Advanced Study Weekend:

[Michael Roizen, MD](#) – Co-author of "YOU on a Diet"

[Chris Voigt](#) – Ate 20 potatoes a day for 60 days

[John Abramson, MD](#) – Author of "Overdo\$ed America"

[Mark Gosselin, MD](#) – US News Top Doctor, OHSU professor on Avoiding Unnecessary Medical Care

[Michael Greger, MD](#) – The Very Latest in Nutrition

[Richard Oppenlander, PhD](#) – Author of "Comfortably Unaware"

Plus the Regular McDougall Experts: Jeff Novick, RD, Doug Lisle, PhD, and John McDougall, MD.



Holiday Meal Planning

By Mary McDougall

A Reprint from the McDougall Newsletter - October 2005

This time of year, the Thanksgiving and Christmas Holidays frighten many people who eat a healthy diet. They wonder how to socialize with friends and how to prepare a meal in their home. These two days are supposed to be the largest feasts of the year. Yet in fact, both dinners are the healthiest, most vegetarian-like, most McDougall-like meals people eat all year long. Traditionally, these holiday dinners consist of mashed white potatoes, roasted sweet potatoes, a bread stuffing, butternut and acorn squash, cranberries, and a variety of green vegetables, including Brussels sprouts, carrots, cauliflower, and green beans. For dessert, pumpkin pie ends the feast. That's a cornucopia of starches and vegetables. The turkey served is the leanest of all common meats. The truth is that every other dinner consumed by Westerners all year long is far richer in fat, cholesterol, salt and sugar than is eaten at these two traditional festivals. Therefore, if you are a healthy eater you will find Thanksgiving and Christmas the two most comfortable times of the year to socialize with all of your family and friends. I have laid out the menu, shopping list, and time schedule so that you will be able to more easily prepare a successful meal. The starred (*) items are ones I suggest for a basic meal plan, and then add as many more dishes as you feel your Thanksgiving dinner needs to fit your celebration.

MENU:

Creamy Pumpkin Soup (newsletter October 2004)

Success Tip: Prepare this up to two days ahead without the soy milk and refrigerate. Reheat in microwave or on stovetop. Add the soy milk after the soup is heated through.

Tossed Green Salad with assorted dressings

Success Tip: Prepare dressings three to four days in advance and refrigerate. Or buy your favorite non-fat salad dressings. Buy organic baby greens in bags and toss in a bowl just before serving.

*** Holiday Stuffed Pumpkin** (newsletter October 2004)

Success Tip: Buy pumpkin in October or early November for the best selection. Keep in a cool place. Buy extra pumpkins for use at other times during the winter months. Choose one of the many varieties available at this time of the year. One of my favorites is the "ghost" pumpkin with its white skin and orange flesh. The traditional pumpkin for carving a jack-o-lantern is not the tastiest choice for use as a stuffed pumpkin, although I have used them when nothing else was available. Clean the pumpkin the day before use and refrigerate, but do not stuff until just before baking. If you do not have enough room to refrigerate the cleaned pumpkin then clean it just before stuffing. Cube the bread the night before and allow it to sit out overnight so the bread dries out slightly. This step helps to make the stuffing mixture nicely moist, but not mushy.

*** Mashed Potatoes** (newsletter July 2004 & October 2004)

Success Tip: Peel potatoes in the morning and store in water to cover until cooking time. Drain off all cooking water. Use a handheld electric mixer and add warmed soymilk while beating. Place mashed potatoes into a warmed bowl before serving. For garlic mashed potatoes, add some of the Elephant Garlic Spread to the potatoes while mashing.

Maple Mashed Sweet Potatoes (newsletter October 2004)

Success Tip: These may be made two days ahead of time and refrigerated in a covered casserole dish. Reheat in microwave just before serving.

*** Golden Gravy** (newsletter October 2003)

Success Tip: This may be made a day ahead of time and reheated slowly on the stovetop, stirring frequently.

Rich Brown Gravy (newsletter October 2004)

Success Tip: Brown the onions and flour a day or two ahead of time, then cover and refrigerate. Finish the recipe as directed, realizing that it will take a bit more time for the liquid to heat through.

Whole Wheat & Sourdough Rolls with Elephant Garlic Spread (newsletter October 2004)

Success Tip: Order your rolls from Whole Foods or a bakery about one week early, then pick them up the day before the holiday. Make the garlic spread one or two days ahead of time and refrigerate until serving.

*** Cranberry Sauce** (newsletter October 2004)

Success Tip: Make two to three days ahead of time and refrigerate until just before serving.

*** Green Beans**

Success Tip: Trim beans the day before and store in the refrigerator. Wash just before steaming. I usually serve these plain with a bit of salt and pepper.

Brussels Sprouts with Creamy Caesar Salad Dressing (newsletter July 2003)

Success Tip: Trim these a day or two before cooking and store in the refrigerator. Wash before cooking. Most people like these best with some type of a sauce, although Heather and I like them plain with only a bit of salt. Make the dressing one to two days ahead and store in the refrigerator. Pour a small amount of the dressing over the cooked Brussels sprouts and toss just before serving.

*** Pumpkin Pie with Vanilla Cream Sauce** (newsletter October 2003)

Success Tip: Make the pie and the sauce one day ahead and refrigerate until just before serving. We like this pie best chilled. If you like warm pumpkin pie, you will need to make this just before serving. The crust can be prepared one day early and refrigerated. Mix the filling ingredients together, cover and refrigerate overnight, then pour into the crust and bake. The vanilla sauce should be served chilled over the pie.

Wicked Chocolate Pie (newsletter October 2004)

Success Tip: Make this one day early and refrigerate. The toppings may be made two days ahead, if desired. This needs to be served chilled.

SHOPPING TIPS:

Shop for the non-perishable items about a week ahead of time. These are the canned and packaged products, such as vegetable broth, canned pumpkin, flour, silken tofu and any dried herbs and spices that you may need. Potatoes, sweet potatoes and garlic can be purchased ahead of time as long as you have a cool place to store them (not the refrigerator). Choose the menu items that you want to include for your Thanksgiving feast, then look through the recipes. Check over this shopping list as you go through the recipes, and make sure you also have the pantry items available. Shop for your perishable items no more than 2 days before the holiday, if possible.

SHOPPING LIST

The following shopping lists are for the complete menu above. You will have to adjust the items needed depending on what you plan to prepare.

CANNED AND PACKAGED PRODUCTS

These may be purchased ahead of time and stored in your pantry or refrigerator.

4-5 boxes (32 oz.) vegetable broth

2 cans (15-16 oz.) pumpkin
1 jar (12 oz.) applesauce
3 containers (32 oz.) soy or rice milk
1 jar (8 oz.) pure maple syrup
5 packages (12.3 oz.) Lite Silken Tofu-Extra Firm
2 cups non-dairy chocolate chips
1 bag (16 oz.) Sucanat
1 jar (16 oz.) Wonderslim Fat Replacer
1 bag (16 oz.) frozen raspberries
1 cup unsalted roasted cashews
1 cup sliced almonds
1 container (32 oz.) orange juice
1 jar (4 oz.) capers

FRESH INGREDIENTS

The first nine ingredients may be purchased ahead of time. Buy the fresh vegetables and bread products the day before, if possible.

4 onions
1 bunch celery
1 head garlic
2 heads elephant garlic
5 pounds potatoes
3 pounds yams or sweet potatoes
1 bag fresh cranberries
1 small pumpkin (to serve the soup in-optional)
1 medium-large pumpkin
Bagged organic baby greens
2 pounds green beans
2 pounds Brussels sprouts
1 large loaf whole wheat bread
6-8 whole wheat or sourdough rolls

PANTRY ITEMS NEEDED

These are used in several of the recipes and are things that you probably already have in your pantry. Check over this list and purchase anything that you don't have.

Tabasco sauce
Curry powder
Soy sauce (at least 1 cup)
Tahini
Vanilla
Whole wheat flour
Unbleached white flour
Cornstarch
Salt
Black pepper
Golden brown sugar

Sugar
Dijon mustard
Pumpkin pie spice
Cinnamon
Ground ginger
Ground cloves
Parsley flakes
Sage
Marjoram
Thyme
Bay leaves
Poultry seasoning
Rosemary
Soy Parmesan cheese
Lemon juice

TIME SCHEDULE

1 week ahead:

Shop for non-perishable items and some of the perishable foods listed above.
Order rolls from bakery.

3 days ahead:

Make salad dressings.
Make cranberry sauce.

2 days ahead:

Shop for vegetables and whole wheat bread.
Make Creamy Pumpkin Soup.
Bake sweet potatoes or yams and prepare Maple Mashed Sweet Potatoes.
Make Elephant Garlic Spread.
Make Creamy Caesar Salad Dressing.
Make the raspberry sauce and the almond topping for the chocolate pie.

1 day ahead:

Pick up the pre-ordered rolls.
Make the pumpkin pie and vanilla sauce.
Make the chocolate pie.
Trim the green beans and Brussels sprouts.
Make the Golden Gravy.
Partially make the brown gravy.
Cube the bread and allow to sit out overnight

Thanksgiving
(Morning):

Peel potatoes and place in cold water to cover.

Clean out pumpkins.

Make stuffing mixture and stuff pumpkin.

Thanksgiving

(Afternoon):

Take sweet potatoes and soup out of refrigerator.

Place pumpkin in oven and bake as directed.

Cook potatoes and mash.

Wash vegetables and cook.

Finish brown gravy and slowly reheat Golden Gravy.

Reheat mashed sweet potatoes.

Finish soup and heat.

Place baby greens in bowl. Serve with dressings.

Heat rolls and garlic spread.

Don't forget the cranberry sauce.

October 2012 Recipes

We recently completed an 8 day live-in immersion program for 66 Whole Foods Market Team Members. It was an exciting and motivating program for all the attendees, and I think I can confidently say that they all returned home with new-found knowledge on how to regain their health and to stay healthy and trim in the future. They learned from our usual inspiring speakers, cooking instructors and exercise trainers, but this time they also had the added experience of two cooking demonstrations from Chad Sarno, the Health Starts Here Senior Culinary Educator from Whole Foods Market. I attended both of his classes and was so impressed with his ability to inspire, multi-task and teach the participants the basics of healthy cooking. He made some delicious recipes and taught us many different ways to incorporate wonderful flavors into food without the addition of oil. He was kind enough to let me share some of the recipes from his classes with all of you this month. Many more delicious recipes can be found on the [Whole Foods website](#); navigate the site carefully to find the healthy recipes that meet our standards. There are many to choose from as well as instructions on cooking without oil and other nutritious tips. Enjoy!

The following recipes are some of the ones that Chad Sarno shared with the group in October of 2012.



Kale Avocado Salad

1 head kale, any variety is great, shredded

1 large tomato diced, or red bell pepper, diced

1 ½ avocado chopped

2 tablespoons red onion, green onion, or leek, fine diced

1 lemon, juiced

pinch of cayenne

In mixing bowl toss all ingredients together (using your hands), squeezing as you mix to 'wilt' the kale and cream the avocado.

Serve immediately. This dish is also great with chard or spinach as a substitute for the kale.

Mary's note: Heather, my daughter, has made this twice already since enjoying it in the class last week. She used diced red pep-

per, left out the onions, and sprinkled Gomasio (sesame salt with seaweed) over the top before serving. Parma (a vegan parmesan cheese substitute) would also be delicious sprinkled over the top of this salad.

Red Lentil Dahl

1 1/2 tablespoons cumin seeds
1 tablespoon coriander seeds
1 small white onion, diced
1 red Serrano or cayenne pepper, depending on how much heat you can take (optional)
2 cups red lentils
4 cups vegetable stock (or water)
1 cup almond milk
1 1/2 tablespoons ginger, minced, or zested with microplane zester
½ teaspoon black pepper, or to taste
2 tablespoons lemon zest (about 1 lemon, using microplane zester)
2 lemons, juiced
½ bunch cilantro chopped (save some leaves for garnish)
3 tablespoons garlic and shallot buttah (see recipe below) optional

Put a large soup pot on medium heat and toast the cumin and coriander seeds in dry pot for 2 minutes until you get the spice aromas (this process releases all the flavor of the spices).

Add the red chili pepper and onions, stirring consistently until the onions are golden and translucent. Once onions begin to stick and brown, add 3 tablespoons of vegetable stock to caramelize.

Add the remaining ingredients except the lemon zest, lemon juice and cilantro. (And optional garlic buttah.)

Put on low heat, and cover. Allow to cook for about 20-25 minutes, until the lentils have 'melted'. Stir occasionally. You may need to add more water to get the desired thickness of the soup you wish.

When soup is done, remove from heat and add the lemon zest, lemon juice and chopped cilantro, and optional buttah, if desired.

Roasted Garlic and Shallot

1 cup of garlic cloves-peeled
3 cups shallots, peeled and quartered
2 cups of water, or half low sodium vegetable stock / half water (make sure the liquid just covers the garlic)

Preheat oven to 375 degrees. In small shallow pan, place in garlic and shallots and make sure there is enough liquid to just cover the garlic and shallots. Allow to roast for 20-25 minutes. Make sure you are watching these closely, and when most liquid is dissolved and garlic and onions are a nice golden color they are done. Remove from oven and use for future recipes.

***Note**—Make sure that you do not over roast the onions and garlic and they are removed when liquid is evaporated to avoid crispy bitter pieces.

Garlic and Shallot Buttah

3 cups shallots and garlic roasted (see instructions above)
1 cup cashews, soaked
½-¾ cup soy or almond milk
¼ teaspoon coarse black pepper

Use the roasted garlic and onions from the recipe above, and add to a high-speed blender with remaining ingredients and blend until smooth. This is a great condiment to have on hand to flavor any soup or sauce at the last minute, or spread on bread. It will keep in the refrigerator for at least a week.

Mary's Note: Chad added a couple of scoops of this (maybe a quarter of a cup) to some potatoes that he cooked and mashed with a small amount of unsweetened soymilk and served up creamy "buttery" garlic mashed potatoes. Delicious!

Almond Chile Sauce with Pasta

½ cup almond butter
 1 ½ tablespoons lemon juice
 2 tablespoons chopped pitted dates
 1 tablespoon chopped fresh ginger
 2 cloves garlic, roughly chopped
 1/2 small Serrano pepper, finely chopped (optional)
 1/3 cup coconut water
 Steamed broccoli
 Freshly chopped cilantro
 3-4 cups cooked soba noodles (or any cooked pasta)

In a blender or food processor, purée almond butter, lemon juice, dates, ginger, garlic, pepper and water until smooth. Transfer dressing to a large bowl, add steamed broccoli and cilantro and toss well. Serve over soba noodles or other cooked pasta.

Basic White Sauce

1 cup raw cashews, soaked (this is the most calorie dense option)
 OR use 1 ½ c cooked white beans or 1 block of soft tofu (for a lower calorie dense sauce)
 1 ½ onion, diced & steam fried in vegetable stock
 4 garlic cloves, minced
 2 cups unsweetened non-dairy milk
 2 cups vegetable stock (low sodium) keep more on hand to change thickness/consistency (use to thin to desired consistency)
 3 tablespoons nutritional yeast

Sauté onions and garlic with stock and steam fry until onions are translucent. Add to blender with soaked cashews (or white beans or tofu), soy/nut milk and rest of ingredients and blend, adjusting thickness to desired consistency with vegetable stock. Add fresh herbs of your choice to finish. This sauce will reduce and will continue to thicken on its own with time.

White Sauce Variations:

Creamed Greens: Steam fry onions and handfuls of chard or choice of greens, add white sauce and reduce. Serve with brown rice or other whole grains.

Gratins: In casserole dish, layer thinly sliced potatoes or other roots, with thin layer of sauce, continue to assemble in this format, seal with foil and bake for 35 minutes at 375 degrees for a creamy gratin.

'Cheese Sauce': Add roasted red bell pepper, onion powder and more nutritional yeast and blend.

Toss with broccoli, and bake in casserole dish for broccoli with cheese sauce.

Toss with al dente whole wheat penne or shells with corn, and peas, place in casserole dish and bake for mac and cheese.

Alfredo: Steam fry onions, mushrooms and broccoli, add al dente linguini, pour in sauce, toss, and reduce for 1 minute and serve with sprinkling of nutritional yeast for 'parm' substitute.

Carbonara Linguini: Steam fry some red onions, fresh peas and diced smoked tofu. Add al dente pasta to the pan, toss with a bit of sauce, add freshly chopped parsley and a touch of nutmeg, and reduce until thickened.

Basic Red Sauce

½ cup white onion, diced

4 cloves of garlic, fine minced

½ cup vegetable stock

6 cups Roma tomatoes diced (they can be blanched and peeled first as option) or 4 cans San Marzano crushed, no salt added tomatoes

1 tablespoon date paste / or ¼ cup shredded carrots (cooked when onions are caramelizing)

Cracked black pepper

In large sauté pan, steam fry the onion, garlic, in vegetable stock for 4 minutes or until onions are translucent. Add tomatoes and cook on low-medium heat for 8-10 minutes, tossing to be sure it does not stick. Add pepper. Remove from heat and serve.

Red Sauce Variations:

Classic Marinara: With onions, add in diced celery and carrots, add in basil, oregano, parsley, a pinch of chili flakes to finish.

Arabiatta Sauce: Add in thinly sliced yellow pickled banana peppers, chili flakes and lots of parsley.

Enchilada Sauce: Add 3 T vinegar, 2 T date paste, cumin, chili blend powder, and lots of cilantro.

Primavera Sauce: Add diced mixed vegetables of your choice, and lots of Italian herbs.

Rosé Sauce: Mix 50/50 basic white sauce and basic red. Add more nutritional yeast and Italian herbs of choice.

So many more options when adding in roasted veggies, beans, choice of herbs, etc...enjoy!

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